



SEPTEMBER 2009

dibəł ti ?acaciłtalbixʷ gəł ti x̌əłč yəxʷ ti stułtuləkʷ yəxʷ ti čalčaləł.

COMPLIMENTARY

Eleven Years at qʷu? gʷəs



700 year-old cedar bough clam basket (*More photos on Page 7*)



L-R: SPSCC exchange student from China, SPSCC student, Dale Croes, Raymond McCloud (Puyallup), Squaxin Island Vice Chairman Arnold Cooper, Melissa Puhn, Josh Mason, Ralph Munro and Rhonda Foster

Recovery Act Provides New Homes for Squaxin Island Reservation

The Squaxin Island Tribe has received two American Recovery and Reinvestment Act (ARRA) grant awards for housing for a total of \$1,522,598. Both grants are through the U.S. Department of Housing and Urban Development and will be used to build Slocum Ridge Phase III, a multi-family housing complex.

This project is designed to meet the Tribe's urgent need for more two-bedroom housing on the Reservation. The project will construct two buildings with six two bedroom units in each building, for a total of 12 new apartments. It will be built adjacent to the Slocum Ridge housing area (Phase I and Phase II).

The first grant for \$326,438 was allocated to the Tribe through a formula established by HUD. It will fund infrastructure, environmental review and design.

The second award for \$1,196,000 resulted from a competitive process in which priority was given to "shovel ready" projects that would create employment opportunities for low-income and unemployed persons.

In June the Tribe hired J.A. Morris Construction, LLC as the Design/Build team. Weekly project team meetings are currently being held to report on progress and assure the design will best meet the needs of the community. Actual ground breaking on the infrastructure portion of the project is expected in late August with construction of the structures starting in the spring of 2010.



Canoe Journey 2009, Paddle to Suquamish



Photos on Pages 12-17





Squaxin Island TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

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COMMUNITY

Drive Hammered, Get Nailed: Busting the Myths of Impaired Driving

Specially Trained Law Enforcement Drug Recognition Experts Now Statewide

Through September 7 extra DUI patrols will traverse Mason County roadways in search of impaired drivers.

Participating in this summer's Drive Hammered, Get Nailed enforcement campaign are the Shelton and Squaxin Island Police Departments, the Mason County Sheriff's Office and the Washington State Patrol, with the support of the Mason County Target Zero Traffic Safety Task Force.

There are numerous myths surrounding impaired driving, chief of which is that one must have consumed alcohol in order to be arrested for DUI. Drivers can become impaired by the use of illegal, prescription, and even over-the-counter drugs, or some combination of these, with or without the presence of alcohol.

OTHER MYTHS ABOUT IMPAIRED DRIVING:

FALSE: You can sober up quickly by drinking coffee, taking a cold shower or consuming an energy drink. TRUTH: Only time will sober you up. It typically takes about one hour for each drink that has been consumed.

FALSE: It's OK to drive impaired if you are only going a short distance. TRUTH: It is never safe to drive under the influence.

FALSE: My doctor wouldn't have prescribed the medicine if it wasn't safe to drive while taking it. TRUTH: Prescription medications can impair you. If the bottle indicates that it is not safe to operate heavy machinery, you should not drive after taking that medication.

FALSE: I can't be arrested for DUI if I am under a .08. TRUTH: You can be arrested for DUI if your ability to drive is affected by any substance, regardless of your blood alcohol content (BAC).

All of these and many more myths are untrue, yet recognizing and identifying the source of impairment can be complicated.

Today, there is a statewide network of specially trained law enforcement officers able to identify drivers who are under the influence of illegal, prescription, and/or over-the-counter drugs. They are called Drug Recognition Experts (DRE) and they are

Continued on Page 5.

Conversational Lushootseed Language Classes

ʔušaqtag'íl čəł. *We honor one another.*

When: Mondays, 6:00 - 8:00 PM
August 24 - December 21, 2009

Where: Squaxin Island Museum Library & Research Center (MLRC), Simpson Classroom

Instructor: Zalmai (Zeke) ʔəswəli Zahir

h xʷəlšucid is the language of this land and the Squaxin Island People. Its words reflect the perceptions of the First People. Come join us and learn the language of our ancestors.

ALL ARE WELCOME!

For more information contact the Squaxin Language Program: (360) 432-3897

ʔəskʷədiidəxʷ čəł txʷəl ti bəkʷ stab. *We are thankful for all things.*

Ceremonial Pipes

By Clinton Larry, Puyallup Tribe, Submitted by Squaxin Island Tribal Chairman David Lopeman - Smoking kinnikinnik in a ceremonial pipe is traditional and involves ceremonial practices which include singing and dancing. Tribes throughout the United States use the pipe. This may vary from tribe to tribe and various bands and clans of tribes which do smoke kinnikinnik and use the pipe.

Some tribes, bands and clans will participate in the sacred ceremony while other may not. When the pipe is smoked it is the center of the universe, and when the bowl is filled with herbs and kinnikinnik, prayers are said by the pipe carrier to the Creator.

When the pipe is filled, the pipe carrier opens the ceremony with a prayer and passes the pipe to the participant on his left. Upon receiving the pipe, it is held close to the heart with the stem and bowl in a slanted up/down direction across the chest. Upon puffing the pipe, prayers are said as the pipe is passed (in the ceremony) in a clockwise manner and prayers are carried on the smoke to the Creator up on high in a scared manner. Often this is done to each direction to honor the spirits and all the Creators on the Earth which the Creator has given to us.

In this manner we honor, not only the Creator and all the gifts which he has given us, but also "our ancestors and future generations." One would have to attend a ceremony to understand fully.

For some, the ceremony is done at each sweat lodge, change of seasons, when deaths occur, weddings or special times when the Creator is called upon. Various tribes, clans and bands have different times and events at which the pipe is used.

The substance which is smoked is, for many tribes, bands and clans, a mixture of kinnikinnik and other herbs, such as sage, cedar, peppermint, osha, berry and other natural substances. Tobacco-free kinnikinnik can also be used. No of the herbs which are used create a threat to persons and do not create a danger to prisoners, guards, visitors, chaplains, nor to the substances used pose a threat to security or the orderly operation of the facility.

Some members of my tribe do follow the practices of using kinnikinnik and smoking a pipe. To my knowledge, no other religious group other than a tribe practices the use of kinnikinnik and smoking the pipe in a sacred ceremony.

This is one of the seven rights, that were given to the people (Native Americans) by White Buffalo Calf Woman (dating back generation upon generation seven times seven times seven). A good description and discussion can be found in Dunsmore Francis "Teton Sious Music," Bureau of American Ethnology Bulletin 61 (1918).

Of all the sacred objects employed in Native American ceremonial events, the "sacred pipe" is the most revered. In terms of history in this geographical area, pipes date back to Mummy Cave, NE Wyoming and date to 2400 BC. Closer to this area, there are pipes which have been found on the Columbia River (in Washington) that date back to 1000 BC. See the Sun Dance and other ceremonies of the Oglala Division of the Teton Dakota, American Museum of Natural History (1917).

Each act in the pipe ceremony represents a specific sacred meaning. Sacred pipes used today may be active through a sacred ceremony in which a spirit comes and picks up the new pipe. The spirit consecrates the new pipe by touching it to the sacred calf pipe bundle and returning it blessed. This connection gives the healing powers to the user of the pipe. See Encyclopedia of Native American Healing, Williams, S. Lyon (1996) pages 237-8.

In many tribes, bands and clans, the pipe ceremony is central to traditions such as the change of seasons or sunrise ceremony. Every pipe ceremony is precise and while it appears loosely in custom, it includes sacred prayers and offerings when smoked with various herbs and kinnikinnik. This is referred to as the pipe ceremony or chanunpa and must never be touched or used in a manner which is irreverent. An example of a pipe

prayer is that of Nipo Strongheart, Yakama Nation, prayer given in dream Monday morning 2:00 a.m. January 1945 as follows:

"Great mystery, Creator, a needy one stands before you. I am he. Warm my heart and guide my words that they shall speak only that which is not false. Upon the hearts of the listening ones, that words which you shall give me may enter therein and dwell for all times, that we may walk together as brothers, and know one another with an understanding heart. So the time when you shall call us, we may come before you with no blood on our hands."

The sacred pipe is to be held in a good way. The pipe is like a human being. It is not just a thing. The pipe is alive with spirit and power. The pipe teaches us to live in a sacred manner with the pipe in your hands. You must only speak the truth. You must concentrate and only have good thoughts.

Within the pipe are male and female powers. The stem is the spine, man is the stem. The bowl is the head, woman is the bowl. The red pipe stem bowl is the flesh and blood of our people. When the pipe is not smoked, the stem and bowl should be separated. They are too powerful to be joined together for any length of time.

Great Spirit powers dwell inside the pipe. One can feel the power when you hold it. The pipe is a spiritual bridge to the Great Spirit. The pipe unites us and makes us one. The pipe is one of the most sacred ceremonies. The pipe stands in the center of all the seven sacred ceremonies.

The smoke from the pipe is prayers made visible. Every puff is a prayer, a thought to the Creator. Every breath mingles with all living things. The pipe breaks down the walls that separate us. Smoking in a circle, we renew the sacred hoop of life. The pipe is us; the pipe and the Native American go together. They should not and cannot be separated.

Drive Hammered, Get Nailed:

trained extensively about the differing effects of drugs and/or alcohol on the body.

In Washington State, the DRE program and toxicology testing are resulting in better identification of the effects of drugs on drivers. Between 1998 and 2007, drug-involved traffic deaths increased by 150 percent. During this time, the number of deceased drivers tested for drugs increased by 60 percent.

It is also important to emphasize that any law enforcement officer can arrest a driver suspected of DUI.

Impaired driving is the leading cause of traffic deaths in Washington. Last year, impaired drivers contributed to the deaths of nearly half of the 522 people who died on Washington's roadways. The 233 impaired driver-involved deaths in 2008 represent a decrease of 40 fatalities compared to the previous five-year average.

Nationally, there were almost 13,000 people killed by impaired drivers during 2007. Those preventable deaths represent an average of one person being killed every 40 minutes in the United States.

For additional information about the Washington Traffic Safety Commission, visit www.wtsc.wa.gov



COMMUNITY DEVELOPMENT

When Prices Rise: Living on Your Income

Remember

You can control your financial situation if you plan carefully. Communicate with your family. Together, analyze what is important and decide on a plan of action.

Examine your expenditures. Be prepared to change your standard of living, at least temporarily, so you don't have to give up essentials.

Don't default on payments. Contact your creditors, explain your situation and work with them to make adjustments. Some creditors may have hardship programs for those experiencing financial duress. You may qualify for those programs.

Begin to make plans for the future.

An increase in the price of goods and services can be traumatic. When you have to pay more for things like gasoline, food and health care, other difficulties may arise, especially if you are retired and/or are living on a fixed income. Realizing that your income does not go as far as it used to, even in covering the basics, can be alarming.

An increase in the price of one essential product may trigger an increase in the price of other products and services. For example, an increase in the price of a barrel of oil may result in an increase in the price of gas at the pump. That increase may in turn add to transportation and heating and cooling costs. As price increases continue, it doesn't take long for a consumer to feel the effect, perhaps even to the extent that you have little or no discretionary funds and/or you strain to pay all your bills.

When prices rise, don't panic, but don't become complacent, either. Don't stop credit payments or ignore that you are facing financial difficulties. You need to adjust your spending and develop a spending plan (budget) to pay bills. Your financial affairs are still within your control. Surviving a financial crisis will take work and planning, but it can be done - and you may even be stronger when the crisis is over. Make an action plan as soon as possible.

Prices are noticeably higher. What do I do first?

Jot down how you spend your income. If you do not already have a good idea of how you spend your money, track your spending for a month or two. This process will give you a good idea about where you will be able to make changes in your spending habits. (See "Methods for Tracking Expenses.")

Separate your family living expenses into fixed expenses and flexible expenses. Examples of fixed expenses include mortgage payments or rent, installment credit payments, deposits into emergency savings, medical and/or life insurance payments, and utility payments (if on an equal payment plan). Examples of flexible expenses include gasoline, recreation, leisure, food, clothing and personal care spending. Examine flexible expenses, look for areas where cuts can be made when times are tough. Perhaps family members are meeting wants instead of needs. Can less expensive brands or items be used?

Communication is a family affair.

Many people try to hide financial problems from themselves or family members. Hiding financial difficulties from the rest of the family for long is nearly impossible, and it's not emotionally healthy to try. Not facing up to problems prevents you from taking positive steps forward.

Because financial decisions affect the whole family, talk with others about the present situation. Let them know about the need to change spending priorities. Involve all family members, regardless of their ages. Include your family in decisions that must be made. As a family, discuss how income is spent, what is important, and what is not so important. What must the family have in the next week? In the next month? In the next two months? You may need to alter plans for taking a vacation or scale back the number of people with whom you plan to celebrate a family event.

Communication is sharing. Don't burden family members with unnecessary worry, but do involve them; they may offer solutions or ideas you haven't considered.

Communication is listening. Actively listening includes giving full attention to understanding the feelings of another person. Accusing another family member of being responsible for the current economic situation won't help anyone.

Examine Your Expenditures

Your expenditures hold the key to how well you do when dollars are scarce. If your family does not follow a Spending Plan, this is the time to start. Family input is essential, so is being both realistic and flexible. Be creative about how to cut expenses. Remember, you want to survive comfortably. Here are some suggestions:

- Before making purchases above a certain dollar amount, discuss the potential purchase with other family members.
- Create an emergency spending plan by identifying what you absolutely would have to have to survive. Then add what you would need to be comfortable, prioritizing items as you add them to the list. Thinking through the emergency plan will help you prioritize your spending and see where you can cut back.
- Control impulse buying. Make a shopping list and weigh the importance of each item. Before buying anything, ask yourself: "Is this purchase absolutely necessary? Can we live without it for now?"
- Practice effective consumer skills. Comparison shop. Examine the specials. Use coupons. Go to price-competitive stores. Look for cash discounts. Shop at thrift or discount stores. Repair rather than replace. Eliminate waste.
- Team up with a relative, friend or neighbor to save money...buy in bulk and divide the product, borrow each other's tools and equipment, carpool and check with each other before running errands. Trade skills and services.
- Engage in in-home production...cook low-cost meals, do your own housework and yardwork. Make it a family affair. Learn new skills and have fun. Whenever possible, use free or low-cost community services.
- Brainstorm ways to have fun without spending money...have a pizza and movie night at home, pack a picnic and spend a day at the park, take advantage of free and low-cost community events, have potluck dinners with friends and family, spend an evening at the library, join a book club, find a walking partner.
- Postpone the purchases of noncritical items (for example, furniture, a flat-screen television or remodeling) whenever possible. Although prices may be tempting at end-of-season or out-of-season sales, carefully consider the purchase of something out of season (for example, a snow shovel in the spring) to ensure that you have the funds necessary for the current season's necessities. Stop buying on credit.
- Do not drop insurance coverage. The need for insurance is magnified by the stress you may be experiencing. However, if you have several policies, make sure that you are not paying for duplicate coverage.
- Do not cancel essential medical and dental appointments. Canceling such appointments may prove to be more costly long term. Some medical and dental professionals may be willing to negotiate payment schedules if details are worked out in advance.

Methods for Tracking Expenses

- Envelope method – Strictly uses cash. Less secure than other methods, but it is the easiest. Separate envelopes are used for each budget category (for example, housing, transportation, food, entertainment, personal care, phone, miscellaneous).
- Receipt/account book method – All family members collect receipts to be placed on a ledger at the end of the month.

COMMUNITY DEVELOPMENT



- Checkbook method – Expenses are recorded only one time. It is easy to use, but you must remember to record transactions. All cash purchases must be recorded.
- Budget register method – More complicated than other methods, but it handles all transactions (for example, cash, check, deposits, withdrawals, credit payments). It is a compact record that goes with you.
- Software/online methods – Examples are Mvelopes.com, Excel Spreadsheet, My Money, and Quicken.

MANAGEMENT STRATEGIES

Be a smart shopper. Resolve to prioritize and focus on needs, not wants. Conserve resources by using them wisely. Make your home energy efficient. Consolidate shopping trips to the store.

Become more resourceful. Consider planting your own garden, cooking items from scratch, offering your services for hire.

Which bills should you pay first?

If you can pay some bills but not all, set priorities. After paying for secured loans and basic essentials, pay those bills that:

- Maintain vital services (for example, utility, phone, transportation, insurance)
- Have the highest interest rate
- Cost the most to delay (for example, bills that carry late penalties or may lead to repossession or disconnect/reconnect charges)
- May be collected vigorously

Be wary of quick, short-term, high-interest loans. If you miss just one payment, you could become saddled with long-term, high-interest debt payments that seem to never end. An example of this type of debt would be paying off a \$500 loan by making 22 monthly payments of \$68, which will cost \$1,453 (with \$953 spent on interest, the interest rate is about 150 percent).

Bankruptcy is not a good option. Financial institutions are also affected by the economy, and as the funds they have available for loans become more restricted, a good credit report for those wanting to borrow money becomes more essential. A bankruptcy will lower your credit rating for years, making it more difficult for you to buy essentials like a home or a car.

Consumer credit counselors offer free financial counseling and can intervene to help you avoid bankruptcy. They will negotiate with your creditors to develop a workable plan for paying off your debts.

Management Tools

Emergency savings are essential. Those attempting to get out of debt may fail to realize that they should have emergency funds available. These funds may help ensure that a debt repayment plan does not have to be postponed for unexpected household expenses or other emergency expenditures.

Reduce consumer debt. Don't ignore your monthly payments on outstanding loans. Make a list of all your debts. Include in that list each debt's annual percentage rate, the specific terms of the contract, and any finance charges. Analyze your debt payment options by utilizing a program such as the online program PowerPay (<https://powerpay.org>). Determine how much you owe to each creditor, then print out a plan for making power payments until you are completely out of debt. Continue making payments to build up your emergency savings to a minimum of three months of expenses.

How To Teach Your Kids About Money

Going to the grocery store this weekend? That's a great place to teach kids about money, regardless of their age.

You could have your youngest hand over money to the cashier for a small treat, ask your 6 year-old to help you comparison shop, and talk to your 11 year-old about what's within the family budget to buy during that trip. Take a calculator along if you need help with the math.

It's been proven that parents are the biggest influence for their children's financial knowledge, attitudes and behaviors (more than work experience and high school courses combined).

So take something as boring as a grocery store visit and turn it into a fun, practical money management lesson. Any little thing you can teach them gives them a step up later in life. Check out more ideas organized by age groups below.

Kids ages 2-4

- Let your child hand over money for a small purchase at the grocery store. This will help them learn about transactions and gain a healthy respect for the value of money.
- Start a savings jar for coins — make sure the jar's transparent so they can see the coins that accumulate. At that age, they still can't understand what they don't see.
- Play store with them. Your kids could sell bananas, stuffed animals, or spoons! It really doesn't matter what. Pay for items with coins and use this time to explain the equivalency of coins (e.g., 5 pennies equal a nickel, two nickels equal a dime).

Kids ages 5-7

- Count the coins in their savings jar — it's a great way for them to practice math skills!
- As they start school, kids should be allowed to handle cash so they get used to it. Start them on an allowance. It should be given on the same day each week and not used as reward or punishment. Even if the kids spend it all at once, don't bail them out. Over time with your reminders and guidance, they'll realize it pays more to plan their spending.
- Comparison shopping: kids around 6 to 7 years old are more receptive to the idea of looking for the best price before purchasing. Help them compare prices on food or toys.
- Start talking about credit cards. Kids need to learn as soon as possible that those plastic cards equal money. When you make a purchase with a credit card, explain that you will have to pay it off later and show them your statement online or in hard copy. Make sure to point out the purchase you made and show them when you pay that bill, too. Same goes with the ATM: explain that the money you get is taken out of the money in your account and show them the receipt.

Kids ages 8-10

- Explain how you earn your money and how your child can earn his or her own income, too. This could include tasks around the house or neighborhood that he or she could do.
- Talk about how you spend your money and your different expenses or bills. Your child might be interested in helping you pay bills once a month.
- Explain needs and wants. Consider creating a list to show your child what is a need and what is a want for the family. Then, encourage them to make their own lists and cut out photos from magazines or draw pictures of their own needs and wants to illustrate those lists.

Continued on Page 6

Native Business: Three Pillars of Achieving Extraordinary Results

In my career as a finance professional I have had the pleasure of working with good people that have achieved some great results. I have been on the number one business banking team in the country and managed a branch of eight people that outperformed our district in business production. I would like to share three points that helped ordinary people achieve extraordinary results: Pick the right people, identify roles and goals, and have everybody vested in achieving results.

First, picking the right person sounds simple and it is, but I expand that it takes a level of diligence that is a step beyond determining if you like someone and objectively matching their natural tendencies with the position's requirements. Second, identifying job responsibilities helps an employee understand where they fit in an organization and how they should interact with their co-workers. Goals help a group focus. The absence of goals leads to poor execution whereby a group pulls in all different directions and makes a company susceptible to giving up market share to competitors. Third, it is paramount that everyone has skin in the game. This means everyone is invested in some way so they can feel the joy of winning or the pain of failure. A rewards system is often used where recognition to individuals or some other benefit is given for extraordinary achievement. An organization brings these three points together by developing cohesiveness and letting groups practice and provide each other feedback on what worked and what could be improved. Cohesiveness is important because it allows an organization to drive results with limited resources and be able to quickly adjust to market conditions and capitalize on opportunity.

Jim Stanley is a business banker located in Bellevue, WA. He partners with your Tribal newspaper to share his knowledge in hopes of providing useful information to you. He is a member of the Quinault Indian Nation, serves as Vice President on the Quinault Nation Enterprise Board, and can be reached at sovereign.developments@gmail.com for your comments.



Tribal Council Resolutions

09-72: Authorizes SPIPA to submit a grant application to the Department of Health & Human services, Office of Community Services, for community activities targeted at Elders and youth

09-73: Authorizes submission of a grant application to the Indian Community Development Block Grant under the category of Public Facilities and Improvement Projects to support the Squaxin Island Community Canoe Carving Center

09-74: Authorizes the Tribe to enter into a Title V Section 509 construction project agreement for health clinic facility repairs

and Northwest Indian Treatment Center renovation

09-75: Requests that the Tribe's American Recovery and Reinvestment Act of 2009 (ARRA) Tribal Improvement Program (TIP) be amended to include design and engineering of maintenance and improvements to Klah-Che-Min Drive

09-76: Authorizes the Health Department to submit a grant application to the Department of Health and Human Services for a three-year project through the Tribal Management Grant Program for tribal program development and capacity-building

How To Teach Your Kids About Money *Continued from Page 5*

- Saving up for something. Now that they understand needs and wants, it's a good time to talk to them about saving up for something, whether it be a new bike or a pair of jeans. Help your child figure out how much he or she would need to save and for how long to get that something special. It's a great way to start a savings habit.
- Open a savings account. Consider going to a local credit union or youth-friendly bank where your child can open a savings account with low or no fees and no minimum balance. The bank or credit union representative could talk about various savings options.

Kids ages 11-13

- Resist the temptation to control their spending decisions — they're facing a lot of peer pressure at this time. Continue to provide guidance and be a strong role model.
- If you can, increase your child's allowance. Spread out the payments to every two weeks and eventually a month. That way, children will learn to pace their spending.
- Talk to your kids about compound interest. As they're getting more money, it's often amazing for kids to see how much \$50 or \$100 can turn into at various interest rates. Use a compounding calculator online to play around with amount and interest rates.
- Help your child create a budget with his or her income and expenses. There may not be as much on there as your budget, but it's good to give them a more complete view of their spending and savings.
- Investments for a few. Some middle school children may be ready to learn about investment options and the value of diversifying to minimize risk. However, that's complex information and should be presented only when both parents and children are ready and prepared. Brush up on your investing knowledge before launching into this discussion.

Teenagers

- Continue helping them with their budget, any investments, and saving for a goal.
- Debit card time. Consider signing them up for a debit card to introduce them using credit before they leave home. Make sure they check their balance online regularly and get into the habit of doing that. With good habits established while they're still at home, they can steer clear of the credit trouble some young people have gotten into.
- Talk about real world expenses. Around their junior or senior year of high school, you may want to start talking with them about expenses in the real world.
- Going to college? Explain what you are willing to pay and what you expect they will pay while in school. Remember, they've lived at home their whole lives so make sure to talk about various common expenses (e.g., looking for an apartment, buying books, using their debit or credit card, buying their own food)
- Heading out on their own ? Talk to them about what expenses they should be aware of (e.g., buying their own food, finding an apartment, buying gas and insurance for a car, health insurance).





SPSCC President Gerald Pumphrey, Ralph Munro, Squaxin Island Tribal Chairman David Lopeman, Rhonda Foster and Dale Croes



SPSCC President Gerald Pumphrey and Squaxin Island Tribal Council Members Andy Whitener, David Lopeman, Marcella Castro and Misti Saenz-Garcia



Squaxin Island basket weavers Ruth Whitener, Rhonda Foster, Patti Puhn, Margaret Henry, Julie Goodwin, Jennifer Ogno and Josh Mason



700 year-old cedar bough clam basket



Bone barb point





TU HA' BUTS LEARNING CENTER



Summer Rec 2009 Re-Cap

Summer Rec was - again - found to be a wonderful place for children to meet new people and make new friends. It was also a great opportunity for our kids to be exposed to native tradition and cultural learning. The program ran for six weeks and targeted children between the ages of 5 and 13, with each individual assigned to age-appropriate groups and two or three group leaders. The four age groups consisted of 5-6, 7-8, 9-10, and 11-13 year-old children, with as many as 60 to 100 children attending per day.

There were numerous field trips to places like Point Defiance Zoo, Charlie's Safari, Skateland and Millersylvania State Park, as well as movies and bowling. Activities were planned to foster appropriate socialization skills, such as respect, responsibility, patience, honesty and cooperation. "Page to Stage" at South Puget Sound Community College was a favorite field trip where the children were able to enjoy a live performance of the classic story *Beauty and the Beast*. When the play was over, the children received free books and a chance to meet the performers. They all loved the personal attention and had many questions. The agenda was designed to build communication and social skills and expand children's overall strengths. **Primarily, WE HAD FUN!**



Squaxin Youth Cultural, Educational and Activities Calendar

September 2009

Co-Sponsored by DASA

All activities are Drug, Alcohol and Tobacco Free!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Any Questions Call: Bill Kallappa 463-6361 Wes Whittier 463-8572 Or Abbie Pate 791-1797	Computer Lab is open Mon-Thur 3:30-6pm and on Friday 3:30-5pm	1 CLOSED	2 First day of School! After School Program and Pool Open from 3pm-7pm Youth Council 5pm	3 After School Program Open 3pm-7pm 3pm Board Games	4 Open 3pm-7pm 3pm Open Swim 3pm Ping Pong 4pm Movie/Snack	5
6 Homework Help is available Mon-Thur From 3:30-5:00pm	7 LABOR DAY CLOSED NO PROGRAMS	8 3pm Wii Games 4pm Medic Ball 3pm Snack	9 Youth Council 5pm 3-6pm Open Swim 4pm Ping Pong 3:30pm Batus	10 Open 3pm-7pm 3pm Board Games 4pm Basketball	11 3-6pm Open Swim 3pm Ping Pong 4pm Movie/Snack	12
13	14 Open 3pm-7pm 3pm Board Games 4pm Basket Ball	15 3pm Wii Games 4pm Pin Knockdown 3pm Snack	16 Youth Council 5pm 3-6pm Open Swim 4pm Ping Pong 3:30pm Batus	17 Open 3pm-6pm 3pm Board Games 4pm Basketball	18 3-6pm Open Swim 3pm Ping Pong 4pm Movie/Snack	19
20	21 Open 3pm-7pm 3pm Wii Games 4pm Basket Ball	22 3pm Wii Games 4pm Medic Ball 3pm Snack	23 Youth Council 5pm 3-6pm Open Swim 4pm Ping Pong 3:30pm Batus	24 Open 3pm-6pm 3pm Board Games 4pm Basketball	25 3-6pm Open Swim 4pm Movie/Snack 4pm Basketball	26
27	28 Open 3pm-7pm 3pm Board Games 4pm Basket Ball	29 3pm Wii Games 4pm Pin Knockdown 3pm Snack	30 Youth Council 5pm 3-6pm Open Swim 4pm Ping Pong 3:30pm Batus	BACK TO SCHOOL		

COMMUNITY

10th Annual Cowlitz Powwow Saturday, September 19th

St. Mary's Center, located at 107 Spencer Road, Toledo, WA
Noon - 11 p.m., Grand Entries at 1 p.m. and 7 p.m.
Salmon dinner at 5 p.m.

MORE INFORMATION: powwowinfo@cowlitz.org or vendorinfo@cowlitz.org

DIRECTIONS: Take I-5 exit 63. Head east towards Toldeo, and turn left on Jackson Highway for a few miles to Spencer Road. Turn right on Spencer Road and left into the parking area

Special Thanks Elroy Ellerbe and Casey Fletcher

Thank you for quick thinking and putting out a fire on the Reservation that saved a home and possibly a few lives. You are very much appreciated!!!

- Dorinda

Dear Squaxin tribal members-
for the past three years, my family has looked forward to attending the First Salmon celebration. We are honored to witness the ceremony and to share a meal with you. Thank you for that, a thousand times over. Also, my five year old daughter Anya wanted to share some drawings with you that she made. The first is of the fern & cedar lined path leading down to the water, the second is a picture of her & her friend playing on the beach (with jelly on her face from fry bread!) we look forward to next year's event - thanks again!

Sincerely,
Stephanie Bishop &
family
(Anya, age 5 &
Sage, age 1)

Tina Thayer



Walking On... Kyót Blúbear Masoner

Weight 7 lbs., 13 ozs. and length 21 3/4"

Kyót Blúbear Masoner was born and died on July 29, 2009. He was born to Chasity & Michael Masoner, and was brother to Nokomis Masoner, Mykah Masoner, Tom Masoner, Joe Masoner, and Sam Masoner. He was grandson to Dino and Joanne Decicio, & Blanche Hayes; great-grandson to Barbara Anne Henry; nephew to Dillon Decicio, great-nephew to Vince & Margaret Henry, Jonathon & Donna Harrell, Angela Decicio, Victoria Decicio, Victor Decicio, Annette (Fred) Rogers, Roberta Smith and many other relatives.

Services for Kyót were arranged by Forest Funeral Home and the funeral was held at the Foursquare Church in Shelton on Wednesday, August 5, 2009 at 1:15 p.m. with Pastor Ken Nielsen officiating. Graveside service followed at Shelton Memorial Park's Babyland with Rose Cooper officiating, offering a Shaker song and prayer. Dinner followed at Squaxin Island Tribe's Elder's building. Out of respect for the family, tribal offices were closed at 12:30 August 5th.



Special Thanks

Genuine, heartfelt "Thank You" to the Tribal Council, tribal staff, and everyone who contributed their time and resources, and/or expressed sympathy for this heartbreaking occasion.

Deep gratitude to those individuals (health & dental clinic employees & Elders, meal cooks and others) who contributed their time and patience in preparing, serving, cleaning up, and just being there for the dinner.

Sincere "Thank You" for the cedar roses that the Cultural Resources Department provided.

Sincere "Thank You" to Rose Cooper for the graveside Shaker prayer & song.

We deeply appreciate everything, including the prayers, sympathy expressed, everyone's heartfelt love, & everything else provided for Kyót Blúbear Masoner and his family.

Words cannot possibly express how difficult and painful this loss has been. We cannot thank everyone enough for the warm, sincere, sympathy and understanding you have shared.

I love you very much, Kyót!
Love, Your Sister, Nokomis

Kyót Blúbear

Nothing could begin to touch how I feel for you. I may have lost you, though I feel you. I know you're here with me. God decided he wanted you to be in Heaven as one of his angels. I cry and wish he would have let me have more time with you, all the same, I am forever grateful for the time he allowed me. Secret treasures for me to forever have and hold. Feeling your movement from kicks to hiccups, these are my memories of my Angel, my Lil Boy Blú. I will never let go of you.

Love, Mom



SUMMER YOUTH / STEPPING STONES



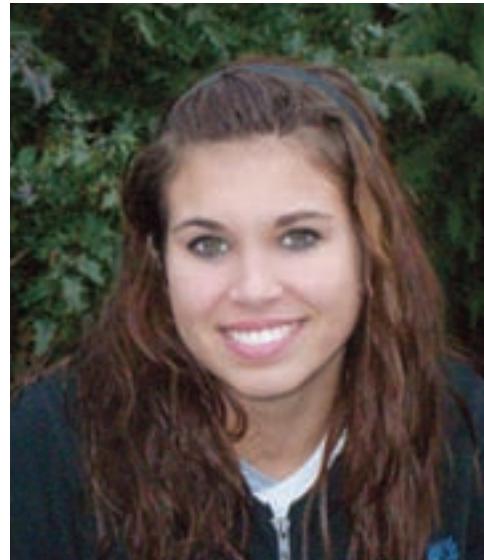
Keenan Vigil-Snook

Hi, I'm Keenan Vigil-Snook, and I ma 14 years old. I like to play baseball and ride my bike most of the time. My grandparents are Lila and Jose Vigil. My mom is Alexsii Vigil and by dad is Heath Snook. The most I liked about Stepping stones was making jam.



Kyla Ford

Hi, I'm Kyla Ford. I'm 17 years old and I'm engaged to Jonathan Boelk. This is my first year with the Summer Youth Employment Program and I believe Squaxin Island Child Development Center was a perfect fit for me because I love working with children. I'm getting my GED sometime this year and plan to go to college to further my education in childcare.

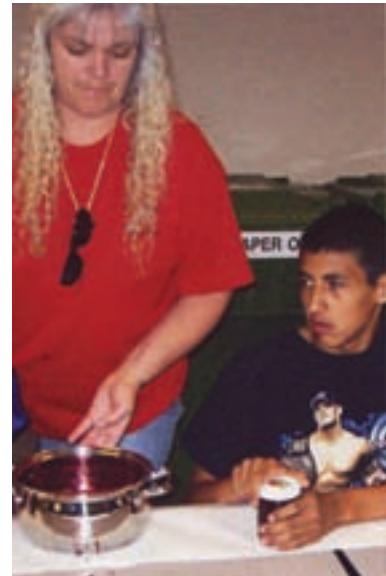
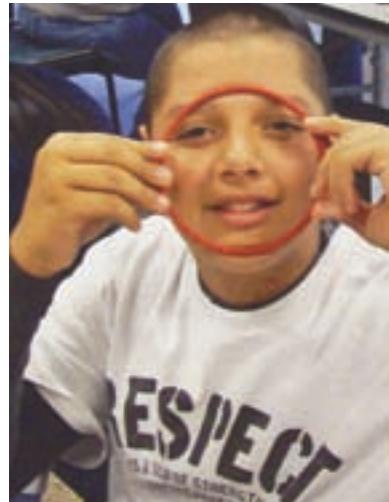
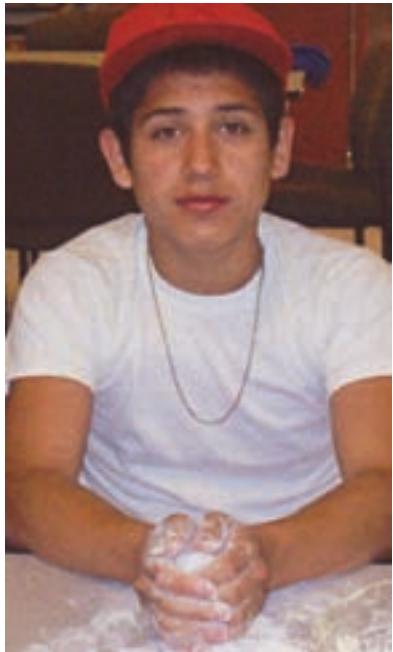


Markie Smith

Markie Smith worked at the Childcare Center this summer. :)

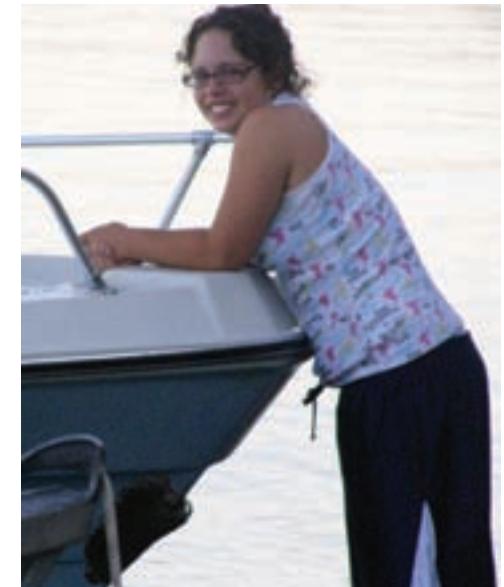


STEPPING STONES



CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes



CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes



CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes



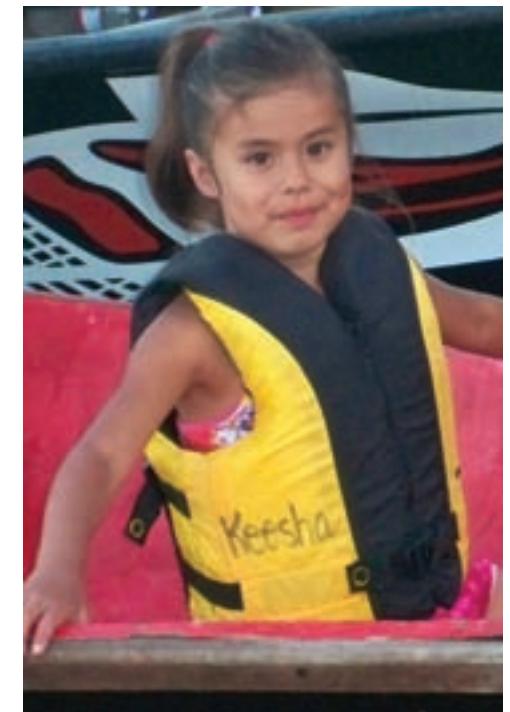
CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes



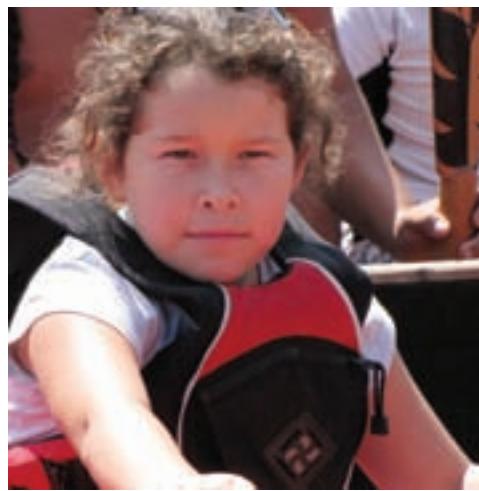
CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes



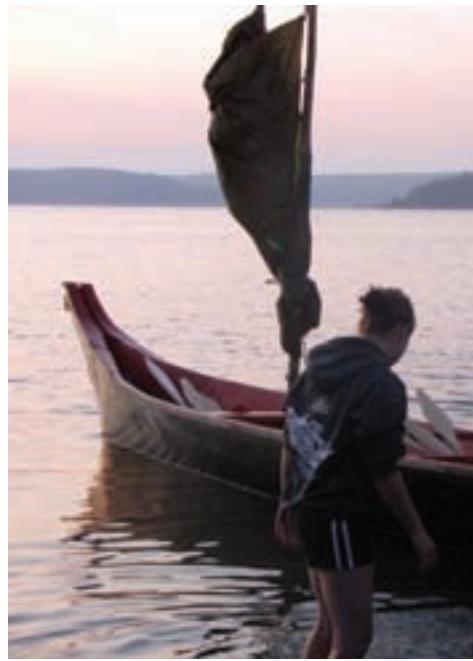
CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes



CANOE JOURNEY 2009

Photos by Margaret Pickernell, Sadie Whitener, Charlene Krise and Dale Croes





Summer Rec Nutrition

Submitted by Kate Dugan, WSU Nutrition Educator - The kids at Summer Rec learned about healthy eating and making strong food choices this summer. The 5- and 6-year olds explored and tasted foods of different colors. Seven and 8-year olds talked about the Food Pyramid and tried "adventure bites" from all parts of the pyramid. Nine and 10 year olds practiced different ways of putting the Food Pyramid in practice—playing nutrition games, learning about being full, and taste-testing healthy snacks. The 11- and 12-year olds discussed ways to cut back on pop and the value of physical activity.

Ask your kids what kinds of new foods they've tried this summer!

To learn more about what the kids ate and learned in Summer Rec, visit www.nutritionatsquaxin.wordpress.com

Youth & Teens Cooking Breakfast Burritos with WSU Extension

Marcus Johns mixes Breakfast Burritos during Stepping Stones at Health Promotions this summer. For this recipe & others, visit: www.nutritionatsquaxin.wordpress.com.



Savvy Grocery Shopping

Kate Dugan, WSU Nutrition-Grocery shopping for our families can be challenging. Not only do we have to balance everyone's food preferences and keep things healthy, the money's tight. We have to be savvy shoppers at the grocery store.

Here are some tips on keeping the total down at the grocery check-out:

- Check the newspapers for what's on sale at the grocery store and clip the coupons. Small savings can add up to big discounts.
- Make a grocery list during the week & stick to it when you're at the store.
- If you bring your kids to the grocery store with you, let the kids pick out a fruit or vegetable you haven't had before and try it as a family.
- Bend down or stretch up to get the deals! Most bargains are found on the higher and lower shelves.
- Go grocery shopping right after eating meal. Being hungry at the store makes impulse buys and junk food tempting.
- If you have space & can afford it, stock up with canned or frozen foods when on sale.
- Don't be afraid of generic brands. They're just as tasty and usually cost less.

Have some tips of your own? Share them at www.nutritionatsquaxin.wordpress.com.

Alex & Triston cook up breakfast burritos in after school program. For the recipe & others, visit: www.nutritionatsquaxin.wordpress.com.



Soup is Easy & Quick...

We served this one at the Diabetes Support Group ...It is delicious & healthy, too!

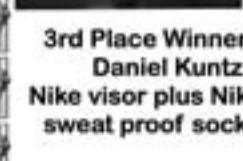
Vegetable and Bean Soup

- 2 Tbsp olive oil
- 1 onion chopped
- 32 ounces chicken broth
- 2 - 10 ¾ oz cans tomato soup
- 2 - 14 ½ oz cans Italian stewed tomatoes
- 3 large garlic cloves, crushed
- 1 tsp Italian seasoning
(or ¼ tsp dried basil, ¼ tsp dried marjoram, ¼ tsp dried oregano, 1/8 tsp dried sage)
- 1/8 tsp ground red (cayenne) pepper
- 2 - 15 oz cans of beans of your choice: pinto, white, or kidney
- 2 pounds frozen mixed vegetables (your choice)
- 1 - 10 oz box frozen spinach, cooked and drained

- 1) Saute onion in oil. In a big pot.
- 2) Add chicken broth to beans & simmer.
- 3) Add vegetables, warm & serve.



July's winners for the Third Thursday Walk on July 16, 2009

1st Place Winner Virginia Berumen \$25 gas certificate Nike visor plus Nike fanny pack	
2nd Place Winner Tamika Green \$25 gas certificate plus Nike Visor	
3rd Place Winner Daniel Kuntz Nike visor plus Nike sweat proof socks	
Not Pictured	
Want to know how to win contact Melissa Grant at 432-3926 or email me at mgrant@squaxin.nsn.us	





HEALTH & HUMAN SERVICES



**Looking
For Fresh Recipes?**
Watch videos & get recipes with
local farmers here:
<http://naturescreationfarm.com>
Click on "Recipes with Videos"

Or visit
www.nutritionatsquaxin.wordpress.com
Click on "Recipes"

Tribal members can use computers in
the museum at no charge
when the museum is open!

DIABETES PREVENTION PROGRAM
WALKING TO PREVENT DIABETES
AREA WIDE
**DIABETES AWARENESS
WALK**

SATURDAY SEPTEMBER 26, 2009
SIGN IN 10:00am
WALK STARTS 11:00 am at Chehalis Youth Center
COME JOIN THIS 1st. ANNUAL 5-K DIABETES WALK
LUNCH WILL BE SERVED.
PROGRAM WILL INCLUDE A GUEST SPEAKER & FRESH FRUIT.

ANY QUESTIONS, CALL:
Melissa-Green
at Health Promotion
Phone: 360-472-7026
mmiller@longviewwa.org



The City of
Longview
Washington



Sponsors



The Cowlitz Tribal Diabetes Program
City of Longview & Cowlitz on the Move
Invite All Community Members to
Participate in the
**5th Annual
Cowlitz Tribal Health Walk**



Registration:
10:00
Walk: 11:00
Rain or Shine!

Health Fair:
10:00 - 2:00
Tobacco, Drug &
Alcohol Free

Saturday September 19th, 2009
Hemlock Plaza at Lake Sacajawea

Free Drawing • Family Friendly
1st 500 people receive a free t-shirt!

Visit our Twitter page at <http://twitter.com/HealthWalk>
for updates & past event photos!

GET FIT! Week Kick Off Event: Playful City USA Games & Activities
Free week long activities for community members
See 2009 Fall Parks & Recreation guide for more details or pick up a GET-FIT Calendar at this event!

First 150 people to pre-register by September 14th receive a cool gift!
On-site registration available, pre-registration is encouraged.
Please call Maggie Miller @ 360-575-6229 or e-mail
mmiller.health@cowlitz.org to register or for more information.

Dear Community Partner,

I would like to personally invite your organization to participate in the 5th Annual Cowlitz Tribal Health Walk on September 19th at Lake Sacajawea. Last year over 500 people participated in the 3.5 mile walk around our beautiful lake.

If you would like to provide a health education booth for your organization at this year's event, we would be very pleased and extremely honored to have you. Our goal this year is to have 600 participants.

I have enclosed a registration form which can be completed and then e-mailed to me at mmiller.health@cowlitz.org. There is no registration fee to set up a booth or to participate in the walk. We ask that you bring your own tables, chairs, and easy-up as we are unable to provide these items. This is a rain or shine event. Booths are also asked to donate a gift basket valued at \$25.00 or less that encourages healthy or family activities that can be raffled off to walk participants.

This is a unique cultural and physical activity event for all ages in our county. I encourage you to be a part of this year's event and invite your co-workers, family, and friends to participate as well. Please contact me if you have any questions.

Thank-You for your time and consideration.
Sincerely,

Maggie L. Miller
Tribal Health Educator

5th Annual Cowlitz Tribal Health Walk

1055 9th Ave • Longview, WA 98632 • (360) 575-6229

Saturday September 19th, 2008
Hemlock Plaza, Lake Sacajawea Longview, WA

Registration Form

Name: _____ Last _____ First _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Free Shirt Size (Please note that children sizes are not available)

Small Medium Large X-Large 2X-Large 3X-Large 4X-Large



Mail, Fax, Phone, or E-mail registration to
Maggie Miller, Tribal Diabetes Program Coordinator
1055 9th Ave
Longview, WA
Office: 575-6229 Fax: 575-1948
E-Mail: mmiller.health@cowlitz.org



This year we have Hooded Sweatshirts for sale and are available at the Tribal office and the day of the event.
Sweatshirts are black with red and silver screen printing.

Size Small - 2XL are \$25.00

3XL & 4XL are \$30.00

Contact Maggie Miller @ 575-6229 with any questions

<http://twitter.com/HealthWalk>

I, The undersigned, in consideration of my participation in the 5th Annual Cowlitz Tribal Health Walk on September 19th, 2009, do hereby agree to indemnify & hold harmless the Cowlitz Indian Tribe, Cowlitz Tribal Health & Human Services Department, & the City of Longview, their agents & employees, from & against any losses, costs, damages, & expenses including attorney fees, arising out of or resulting from claims or suits, by or on behalf of any person, for any injuries to my person, including death, arising from my participation in this event. I also understand that my photo may be taken during the event and may be used by Cowlitz Tribal Health Education for future promotion of the Annual Cowlitz Tribal Health Walk.

I HAVE READ AND AGREE TO THIS WAIVER

Date: _____

Participants Signature (Parent/Guardian Signature required if a minor)

HEALTH & HUMAN SERVICES

Upcoming Health Events

Brief Community Walk

Every Thursday at 12:40 p.m.
Meet at Elder's Building after Lunch

Hands-On Cooking Workshop

September 15th at 10:30-11:30 a.m.
Health Promotion

Community Health Walk

Thursday, September 17th
Meet at Elder's Building at 12:40
for a 20 minute walk around the REZ
If you cannot make it to our walk, report
your 20 minutes of fitness to Melissa to be
in the drawing for a gas card!
First place: \$25 gas card & Nike visor
2nd place: \$25 gas card & Nike socks
3rd place: \$25 gas card.
All SPIPA tribes will be taking a walk in
their area at the same time
for diabetes prevention!
Help us win the Walking Stick!
The tribe with the most walkers each
month wins the walking stick
for that month.
We won it in May ...
can we get it back in September?

Mammograms and Women's Health Exams

September 24th at the clinic

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant for details

Want a garden in your yard?

Are you low income?
Contact Patty Suskin
to get on the waiting list to have a garden
placed in your yard – for FREE.

Free Pilates classes

Community members welcome
Mondays and Wednesdays
4:00 - 5:00 p.m. at Health Promotions

Smart Shopping/ Food Label Reading Workshops

Contact Patty to schedule
a family & friends session

Come Visit our Health Promotions Programs

We have exercise videos
(Sit & Be Fit, Yoga,
Walk Away the Pounds & more)
in building across from clinic
Work out alone, with us
or schedule a time for a group

Interested in our Nationally Recognized Lifestyle Balance Program?

If you are ready to lose weight
and be healthier,
we can provide the support
If you are Native American and over 18,
see if you qualify to participate.

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929

WIC Foods

Submitted by Patty Suskin - Wic Foods include fresh vegetables & fruits and whole grains starting October 1st!

Here are just a couple of the changes:

- Fully breastfeeding moms will get the biggest WIC food package, including: canned tuna, salmon, sardines or mackerel; milk, juice, eggs, bread, fresh fruits and vegetables, peanut butter and beans.
- 1- 4 year olds and women will receive vouchers for fresh fruits and vegetables plus 100% whole wheat bread, tortilla, oatmeal, bulgur or brown rice.

For additional information, check out Washington State WIC web site <http://www.doh.wa.gov/cfh/WIC/newfoods.htm>
or contact Debbie Gardipee-Reyes at 462-3227

Are you pregnant or have a child under age 5? You may be income – eligible for WIC.
Contact Debbie.

Meal Program Entrees

Wed. Sept. 2 - Grilled Oysters & Fish
Thurs. Sept. 3 - Cornflake Chicken

Mon. Sept. 7 - Closed for Labor Day
Wed. Sept. 9 - Pork Roast
Thurs. Sept. 10 - Soup and Sandwich

Mon. Sept. 14 - Fish Sticks
Wed. Sept. 16 - French Dip
Thurs. Sept. 17 - Fajitas

Mon. Sept. 21 - BBQ Chicken
Wed. Sept. 23 - Steak Night
(RSVP to Colleen @ 432-3936 by Friday, Sept. 18th. Cost for Non-Elders is \$5)
Thurs. Sept. 24 - Fish Tacos

Mon. Sept. 28 - Meatloaf
Wed. Sept. 30 - Stew

Menu Subject to Change

Need Food? Check these out . . .

WIC

(Women, Infants, & Children) at SPIPA
Provides healthy foods
and nutrition information
for you and your child up to age 5

PLEASE BRING:
Your child, medical coupons or paycheck
stub, and identification

Monday, Sept. 14th 9 a.m. to 4 p.m.

CONTACT:
Debbie Gardipee-Reyes @ 462-3227
Dates subject to change

Commodities at SPIPA

Monday, Sept. 8th, 10 a.m. to noon

CONTACT:
Shirley or Bonita at 438-4216
or 438-4235
Dates subject to change

Squaxin Island Food Bank

At Health Promotions Building
If you need access to the food bank
at any time once a week, just stop by.
If possible, Wednesday is the best day.
If you would like to be on call list for
when we receive fresh produce or bread,
let me know.

CONTACT:
Melissa Grant @ 432-3926

COMMUNITY

Happy Birthday

Jeremiah Longshore	01	Levi Connally	09	Raiatea Villanueva	19	Ronald Fletcher	26
Kui Tahkeal Jr.	01	Alexsii Vigil	09	Francis Bloomfield	19	Harry Fletcher	26
Patrick Whitener	01	Joseph Stewart-Kinchler	09	Calvin Farr	19	Dawne Elam	27
Vanessa Algea	01	Lewis Napoleon	09	Frances Starr	19	David Lopeman	27
Alexander Solano	01	Roger Peters	10	Sophia Pinon	19	Donald Smith	29
Jason West	02	Jasmine Nelson	10	Terry Brownfield	20	Isaiah Schlottmann	30
Austin Peters	03	Debra Mattson	10	Kayla Johnson	20	Kim Kenyon	30
Riley Lewis	03	Stuart Mowitch	10	Kassidy Burrow	21		
Kezia Wentworth	03	Madeena Rivera	11	Jada Krise	21		
Rose Krise	03	Austin Brearley-Lorentz	12	Gregory Koenig	21		
Kathrine Neilsen	04	Robert Farron	13	Esther Fox	21		
Latoya Johns	05	Kaitlyn Brandt	13	Desmond Smith	21		
Mckenzie Brearley-Lorentz	05	Anthony Ramirez III	13	Kiona Krise	22		
Elijah Krise	06	Kristen Davis	15	Gloria Hill	22		
James Youngs	06	Jonathan Harrell	15	Kim Cowing	22		
Joshua Coble	07	Florence Sigo	15	Michael Peters	22		
Wayne Lewis	07	Jamie Lewis	16	Peter Kruger, Jr.	23		
Talon Peterson	07	Carmen Jones	17	Angel Sen	23		
Danielle Leas	07	Cassie Colbert	17	Mykah Masoner	23		
William Weythman	08	Kenedee Peters	17	Chris Clementson	23		
Charles Scheibel	08	Markie Smith	17	Donald Whitener	24		
Justine Mowitch	08	Tiana Henry	18	Linda Lake	24		
Barry Hagmann	08	Tia Jordan	18	Joan Koenig	25		
William Hagmann	08	Stephen West	18	Susan McKenzie	26		
Dustin Valderas	08	Willow Henry	18	David Seymour	26		

Walking on

Nancy L. Barker

Nancy Lee Barker died July 16 at Harborview Medical Center. She was 56 years old. She was born September 2, 1952 to Donald and Carol (Todd)



Barker in Mount Vernon. Mrs. Barker graduated from Shelton High School in 1970. Shortly after she married Ken Selvidge Jr. in Kamilche.

They divorced in 1993.

She enjoyed taking care of children, quilting, traveling, baking and sharing her skills with her children. She was known for her popcorn balls and peach cobbler. She always had an open door and kitchen for any extra children. She devoted the last 16 years to being a foster mom.

She worked for Squaxin Island Tribe and Little Creek Casino.

She is survived by daughter Rachel Aldrich of Shelton; son Hec Selvidge of Malott; foster daughter Teresa Sanchez; step-father Bill Blutcher of Shelton; brothers Jeff Barker of California, Marvin Barker of Wyoming, Dale Barker of Wyoming, Don Barker Jr. of California, Mark Lester of Lakewood and Tim blutcher of Lacey; sister Kris Hanson of Tacoma, Linda Maginnis of Tacoma and Patty Blutcher of Tacoma; grandchildren Alysha and Jake Aldrich, Brier Selvidge, Donovan Henry and Zachery Sanchez.

She was preceded in death by her parents Carol Blutcher and Don Barker.

The family held a service at the Squaxin Island Tribal Center on Monday, August 3, at 11a.m.

Online condolences may be sent to the family at www.mccombfh.com.

What's Happening

		1	2	3	4	5
		Family Court	AA Meeting 7:30			
6	7	8	9	10	11	12
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
13	14	15	16	17	18	19
				AA Meeting 7:30		
20	21	22	23	24	25	26
		Criminal/Civil Court		Council Mtg. AA Meeting 7:30		
27	28	29	30	Squaxin Bible Study Tuesdays @ 6:30 p.m., 30 Ho-Mamish Court Pastors Ron and Kathy Dailey		

COMMUNITY



Joanie's a New Gram!



Congratulations!



**Back to School
and Fishing . . .
Best of Luck and Fun to All!**

Myrtle Richards and Great-grandson



I miss and love you, Daddy
- Jacky

Dad
How well I remember all the special times we had,
Those times and seasons of my life
With a very special Dad!
How ell I remember
That day 30 years ago
When God called you home . . .
You slipped into His loving arms.
And I fell so alone.
Now my heart is carrying the memories
Of the love you gave to me . . .
Until we meet again in Heaven
Where the best is yet to be!

Wesley "Curtis" Fletcher
April 11, 1920 - September 15, 1979

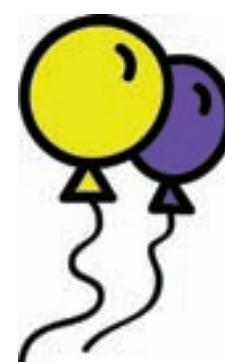
Congratulations Graduate!



Class of
2009

Natasha Euphamie Sampson

Natasha Sampson was born July 1, 1991 in Richland, WA. her mother, Serena Phillips, is a tribal member. Her grandmother, Euphamie L. Whitener, is also a tribal member. The late Fame Rankin was her great-great-aunt. She will attend Columbia Basin College in Pasco, WA this fall.



Congratulations!
Tootsie Is A New Gram!



Return Service Requested

PEOPLE OF THE WATER

10 S.E. Squaxin Lane
Shelton, WA 98584

PRSR STD
U.S. POSTAGE
PAID
SHELTON, WA
PERMIT NO. 96



Over \$25,000 in cash and prizes will go!

Bingo at the Creek

Win big at our monthly bingo sessions!

Friday, September 11th at 6:30pm
Saturday, September 12th at 12:30pm & 3:30pm
Saturday, September 12th at 6:30pm

.....

\$69 Stay*
\$8.95 Food Specials
Early Bird specials Fri & Sat 6:30pm sessions
Wear Tie-Dye & receive extra Level 1 with buy-in purchase

LITTLE CREEK
CASINO • RESORT

www.little-creek.com • 800-667-7711

Minutes North of Olympia on Hwy 101
Visit our website for future session dates! Located in Skookum Creek Event Center
Restrictions may apply. Must be over 18 to play.
*Valid for Bingo Participants, must show Players Club Membership

NORTHWEST POKER TOURNAMENT

NOVEMBER 14TH

\$445,500 PRIZE POOL

TOP PRIZE \$100,000!

See Poker Room for details

LITTLE CREEK
CASINO • RESORT

www.little-creek.com
walottery.com

For more chances to enter play "Tournament Poker" Scratch
For reservations call 800-667-7711
Minutes North of Olympia on Hwy 101